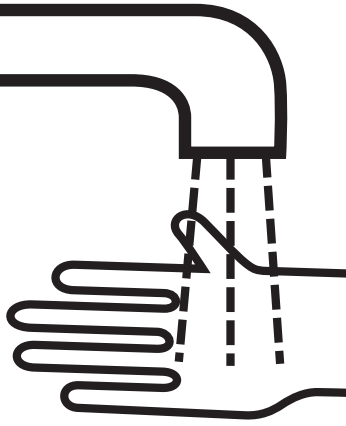


Wash Your Hands

to prevent
foodborne
illness



Wash your hands

immediately before all food preparation, including working with unpackaged food.

Wash your hands

before dispensing or serving food.

Wash your hands

before handling clean equipment, serving utensils, tableware or unwrapped single-service food containers.

Wash your hands

during food preparation to remove soil or contamination and prevent cross-contamination when changing tasks. Wash your hands between working with raw food, such as hamburger and chicken, and working with ready-to-eat food such as sandwiches, tossed green salads and dinner rolls.

Wash your hands

immediately after touching your hair, face or any other bare human body part.

Wash your hands

after eating, drinking, smoking, coughing, sneezing or using a handkerchief or tissue.

Wash your hands

after going to the bathroom. One out of 50 people pass billions of illness-producing bacteria in their feces even when they feel well. Toilet paper does not prevent dangerous levels of bacteria from feces or urine from getting onto your fingertips.

Wash your hands

after any activity that may contaminate your hands.

For more information contact



County of San Bernardino • Department of Public Health
DIVISION OF ENVIRONMENTAL HEALTH SERVICES

Visit our web site: www.sbcounty.gov/dehs

ONTARIO

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(909) 458-9672

SAN BERNARDINO

385 North Arrowhead Ave.
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VICTORVILLE

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Handwashing Procedures

1

Wash hands with hot water.

2

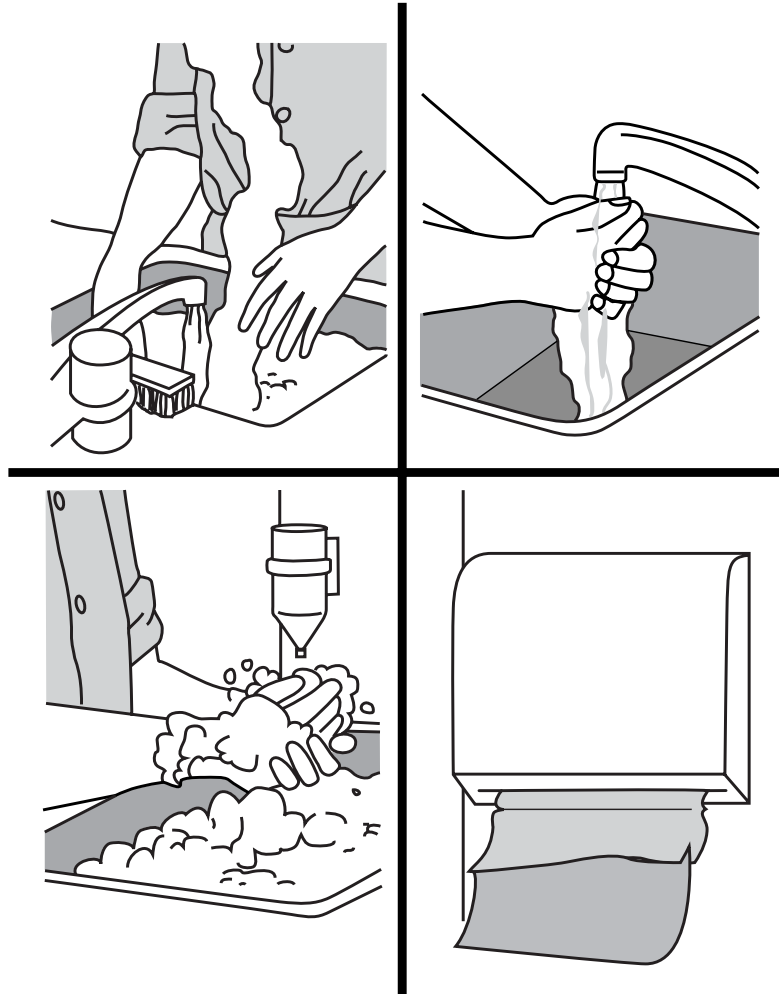
Apply one tablespoon of soap from soap dispenser and lather up to the elbow.

3

Create friction by rubbing hands together for at least 20 seconds (sing your ABC's or Jingle Bells).

4

Wash all surfaces on hands, fingers and wrists, around and under fingernails, around rings, and as high up on the arms as possible.



5

Rinse thoroughly under running water.

6

Dry with paper towels or hot air dryer.

7

Turn off faucets while holding paper towels.

Always wash hands thoroughly:

- before returning to food preparation activities.
- after visiting restrooms.
- after taking a break.
- after touching hair, face, money, trash or dirty dishes.

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